

March 21st, 2013

Dear Brothers & Sisters in Christ,

This morning we continue our examination of the Seven Deadly Sins as part of the Bishop's Note. So far we've examined Pride, Envy, Covetousness, Wrath and Lust. Today we look at the sin that has become part and parcel with Western Culture but is, like all sin not unique to the West.

The Catholic Encyclopedia defines Gluttony as - (Lat. gluttire, to swallow, to gulp down), the excessive indulgence in food and drink. The moral deformity discernible in this vice lies in its defiance of the order postulated by reason, which prescribes necessity as the measure of indulgence in eating and drinking. (www.newadvent.org)

This definition will not be surprising to anyone...what is surprising is the way that we've come to accept this sin and promote it. I am the first to admit that this is a major thorn in my flesh - I've learned from my childhood to eat when I'm happy and eat when I'm sad and eat when I'm angry and eat when I'm bored and eat when... well you get the picture. The result of this sin is poor health or at least poorer than desired by God.

Like all things God gave us in creation food is good and pleasant in moderation. God not only created food pleasant to the eye but also good tasting... except brussel sprouts. I never ate a brussel sprout that I enjoyed ... so gluttony with brussel sprouts is not my issue. now enchiladas, pupusas, candy yup that's it right there!

Why is Gluttony a sin... well unlike what our mother's said it is not because of starving children in Africa. It is because we take what is good and pleasant that God has given us and we go beyond being satisfied & filling to stuffed.

We tend indulge in the sin of Gluttony in an attempt to fill that void in our lives that only the Holy Spirit can fill. Instead of addressing an issue in our lives we avoid the issue and reach for food. For many of us it is a combination of sitting in front of the TV watching something mindless and going through the motion of eating, whatever, our of habit and instinct.

St. Augustine's Prayerbook takes it one step farther arguing that Gluttony can go beyond food to other behaviors such as: "Fastidiousness, fussiness, demanding excessively high standards, or dilettantism." Behaviors that often become compulsive in an attempt to control or to comfort.



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Of course, the sin of Gluttony goes hand in hand with a lack of personal discipline in spiritual and temporal matters as a means again of escape, control & comfort.

Sadly, this is one of those sins that the world around us both promotes and detests at the same time. Go to any restaurant and you will most likely receive portions much larger than necessary or healthy. This is not just at one restaurant but essentially every restaurant in the West. At the same time the images that are promoted of people who are attractive are those who do not consume those whole portions... just the opposite the images of thinness and athleticism are those that are mostly unattainable for the average person who is not able (and wise enough not to) dedicate large segments of their day to exercise, appropriate food preparation and consumption.

Ultimately, the answer to the sin of gluttony, and essentially all sin, is to seek the indwelling of the Holy Spirit. Only God can fill that hole in our souls that we try to fill with food, sex, alcohol etc. etc.

I pray you a truly blessed Holy Week!

Bishop Menees

[March 2013 Edition of The San Joaquin Anglican](#)

Check this edition of the San Joaquin Anglican
for current news of the Diocese!

[Diocesan Calendar](#)

Check the Diocesan Calendar for information on upcoming events!

March 21st - Mass of Chrism @ 10 a.m.

March 24th - Bishop @ Nuestra Senora de Guadalupe

March 31st - Bishop @ St. James Cathedral

April 7th - Sequoia Deanery Meeting @St. Paul's Visalia 3 p.m.

April 13th - Daughter's of the King Assembly
@ St. John's in Stockton

April 14th - Bishop @ St. John in Stockton

April 20th - Anglican 4th Day @St. Michael's in Ridgecrest
Diocesan Council @10 a.m.

April 21st - Bishop @ St. James in Sonora

April 26th - 27th - Diocesan Altar Guild Conference

@ St. Luke's in Merced

April 28th - Bishop @ST. Philip's in Coalinga

April 29th - May 1st - Clergy Retreat

May 3-May 6th - Well Youth Retreat @ St. Mark's in Shafter

August 2-4th - Anglican Church Women's Annual Retreat

at Camp San Joaquin

Diocese of San Joaquin www.dioceseofsanjoaquin.net 559-244-4828